

Body Trace scales participant instructions



PIMMS-WL Trial

Feasibility and acceptability of a brief routine weight management intervention for postnatal women embedded within the national child immunisation programme in primary care: randomised controlled cluster feasibility trial with nested qualitative study

PARTICIPANT INSTRUCTIONS FOR BODYTRACE WEIGHING SCALES

The scales will only work on a hard, flat surface. If you use them on carpet they will not provide an accurate weight for you.

Step on to the scales and stand still until the display flashes like in the image below.



Step off the scales and wait for dashes to appear on the display, this means the measurement is being transmitted. Once the measurement has been successfully transmitted, the lines will show a box like the image below.



If you do not see this image, please see the guide below which tells you what to do in the case of an error message.

FAQs

❖ *How do I turn the scales on and off?*

The scales will turn on and off automatically when you step on and off them, you do not need to press an 'on' or 'off' button.

❖ *What do I do if I get an error message?*

Please see the images below and follow the instructions on what to do if you get an error message.



ER 2 rEAD: Measurement error. You may get this during the weighing procedure. You need to stand still on the scales for longer in order to allow the scales time to record your weight.



ER 4 bAtt: Low battery error. You may get this during the weighing procedure after the lines moving around. The batteries need to be replaced.
Please contact the PIMMS-WL Trial Office on XXXXXXXXX



ER 4 CELL: Network error. You may get this after the lines moving around. No cellular network is found; try moving the scales to a different location.



ER 6 SEnd: Send error. You may get this after the lines moving around. Signal not strong enough, try moving the scales to a different location.

ER 7 Intl: Internal error. You may get this after the lines moving around.

Please contact PIMMS-WL Trial Office on XXXXXXXXX

ER8: SIM error. You may get this after the lines moving around.

Please contact PIMMS-WL Trial Office on XXXXXXXXX



ER 9 Prov: Internal error. You may get this after the lines moving around.
Please contact PIMMS-WL Trial Office on XXXXXXXXX